



Cal Smart Gravy Smothered Meatballs with Chive Mashed Potatoes

Calorie Smart 30 Minutes



Ground Beef



Beef Broth Concentrate



Chives



Sour Cream



Panko Breadcrumbs



BBQ Seasoning



Green Beans



Yellow Potato



Yellow Onion



All-Purpose Flour

HELLO CHIVES

These slender green alliums lend a mild oniony bite to creamy mashed potatoes!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, large bowl, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Beef Broth Concentrate	1	2
Chives	7 g	14 g
Sour Cream	3 tbsp	6 tbsp
Panko Breadcrumbs	2 tbsp	4 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Green Beans	170 g	340 g
Yellow Potato	360 g	720 g
Yellow Onion	113 g	226 g
All-Purpose Flour	½ tbsp	1 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Prep

Peel, then cut **potatoes** into quarters. Finely chop **chives**. Peel, then cut **onion** into ¼-inch slices. Trim **green beans**.



Roast meatballs and green beans

Arrange **meatballs** on one side of a baking sheet. Toss **green beans** with ½ **tbsp oil** on the other side of the baking sheet. Season with **salt** and **pepper**. (**NOTE:** For 4 ppl, use 2 baking sheets - 1 for the meatballs and 1 for the green beans.) Roast in the **middle** of the oven, tossing **green beans** halfway through until **meatballs** are cooked through, 14-16 min. ** (**NOTE:** For 4 ppl, roast in the middle and the top of the oven, rotating sheets halfway through.)



Cook potatoes

Combine **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) in a large pot. Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min. Drain and return **potatoes** to the same pot, off heat. Roughly mash **sour cream** and **half the chives** into **potatoes** until slightly mashed. Season with **salt** and **pepper**.



Make onion gravy

While **meatballs** and **green beans** roast, heat a large non-stick pan over medium heat. When, hot add **1 tbsp butter** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until softened, 7-9 min. Sprinkle **half the flour** (all for 4 ppl) over top of **onions**. Cook, stirring often, until **onions** are coated, 1 min. Add **broth concentrate**, **remaining BBQ Seasoning** and **¾ cup water** (dbl for 4 ppl). Cook, stirring often, until **gravy** thickens slightly, 2-3 min.



Form meatballs

While **potatoes** boil, combine **beef**, **half the BBQ Seasoning**, **2 tbsp panko** and **¼ tsp salt** (dbl both for 4 ppl) in a large bowl. Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl). (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!)



Finish and serve

Divide **mash**, **meatballs** and **green beans** between plates. Spoon **gravy** over **meatballs**. Sprinkle **remaining chives** over top.

Dinner Solved!